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The Orthodox Herald

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Volume 47, No. 1 ISSUE 552 **MAY 1998**

INITIAL GATHERING

The Sunday following Holy Ascension is the 7th Sunday of Easter. On this day we commemorate the Fathers of the 1st Ecumenical Council. What did they do that merits them a separate Sunday of the year?

The first three centuries of the Christian era were a formative period. It was during this time that Christianity went through its most trying, yet noblest, period. This was the age of martyrdom, of recorded and unrecorded heroism for the cause of God such as the world has not seen until the 20th century under Communism.

After Emperor Constantine and his mother, Helen, embraced Christianity in 312 AD, attempts were made by the Emperor to bond the various Patriarchates of Christianity into a universal church. This was necessary because of the rise of certain anti-trinitarian ideas among the Fathers. One of these was the Arian heresy. The Emperor summoned the 1st council to remove the confusion which Arius had created by a false teaching. He had been teaching that Christ was created from God in time, and that He is not the pre-eternal Son of God, equal in being with God the Father.

This first Ecumenical Council of the Christian Church as one body was held in Nicea in Asia Minor in the year 325 AD. Three hundred and eighteen holy Fathers took part in this Council. Many bishops were present at this Council. Among them were: Sts. Nicholas of Myra, Spiridon, Athanasius, James of Nisibis, and Eusebius of Caesarea, Alexander of Alexandria, John of Persis and many others from the East. Those from the West included: Theophilus the Goth, Hosius of Cordova and others.

They deliberated on many problems. Among the decisions made was the condemning of the Arius teaching, confirming the Symbol of Faith (the Creed) which was confirmed and concluded at the next Council, the setting of the time for the celebration of Easter and twenty Canons.

(Continued on Page 3, Col. 1)



This is the fourth in a series of wrought-iron crosses which adorned churches in the Lemko (Galician/Austro-Hungarian) area. The crosses were removed from the churches and discarded. An effort is being made to find these treasures. Each one is different.

MOTHER'S DAY

Mother's Day on the Civil Calendar and the Myrrhbearing Women on the Church Calendar fall on the same day. How appropriate! Women from both groups "see the need and fill it."

When the Myrrhbearing women started out early in the morning, following the burial of Jesus, they didn't know how they were to get to the body of Christ. The gospel tells us that a very large stone filled the entrance to the tomb. Their task seems to have no hope of success. And yet, they set out.

The women did not go empty handed. They brought sweet spices, that they might anoint Him.

Isn't this so true of our mothers? From the time of our birth, our mother would note when we hurt or were in need. She never even considered the idea that she should not try to help us. She just "set out." Thank you, Mom, for your mothering.

DORMANT SEEDS

On May 11 we read the following from John 6:63: "It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life."

What did Christ mean by this state-

(Continued on Page 3, Col. 1)

MID-PENTECOST (PREPOLOVENNIE)

Halfway between Easter and Pentecost we commemorate the visit of Christ to the Temple on the festival of the tabernacles. He preached concerning His Divine Mission. This event can be read in John 7:14-30. Understandingly, this Holy Day of Mid-Pentecost (Prepolovennie) has been celebrated in the Orthodox Church from its beginning. It is alluded to in the Apostolic Constitutions and in the deliberations of the Council of Antioch as well as in writings of St. John Chrysostom (354-407) who wrote that it is a day celebrated by the entire Church. This is to be expected as the early Christians, for the most part, were Jewish.

Mid-Pentecost serves as a link between Easter, which celebrates the Resurrection of Christ and His Ascension into Heaven, and the descent of the Holy Spirit on Pentecost. As a hymn says: "Having been enlightened by the Resurrection of Christ the Savior, and having come to the mid-point of the Lord's feast, let us most fervently keep God's commandments so that we might worthily celebrate the Ascension and the coming of the Holy Spirit."

This day falls between two Sundays whose Gospel's include events in which water plays a large part. These are the Sunday of the Paralytic (John 5:1-15) and that of the Samaritan Woman (John 4:5-42). Because these emphasize Christ as the Living Water, water is blessed. The blessing of water also played a large part in the ceremonies of the tabernacles. Where possible, it is the custom to have a solemn procession to a stream (running water) for the sanctification of waters.

This is an example of how often Biblical events are celebrated in the Orthodox Church. Who says that the Orthodox Church does not use the Bible?

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Live so that when you tell someone you are a Christian it confirms their suspicions instead of surprising them.

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News CHRONOLOGY

MAY 1998

THE NATIONAL DAY OF PRAYER takes place the first Thursday in May. This year it is May 7. The day traces its beginnings to 1775 when the Continental Congress called for a day of prayer.

EASTER BASKET covers are still available. Cross-stitched (counted) in multi-colored patterns, they have Christ is Risen or Christos Voskrese stitched in Church Slavonic. Cost $30 postpaid. Five or more covers to one address for less. Size about 13 by 24 inches. Write to PO Box 9, Hunlock Creek, PA 18621. Make check out to Nina Stroyen.

THE VCR tapes from George Sinitsky are no longer available.

THE CAVE MONASTERIES on the border between Georgia and Azerbaijan are being excavated by a team from the University of Warwick in England. Some of the monasteries were founded over 1300 years ago and were abandoned at the beginning of this century. The Soviet Army used this as a military training zone in the 80's and used many of the caves which contained the monasteries and chapels as "target practice." The team is preserving some of the older buildings and is hoping for more funding.

ORTHODOX CHURCHES OF THE WORLD are to meet in Geneva this year in preparation of the Ecumenical Synod of Orthodox Churches, which is expected to meet in the year 2003. Main topics on the agenda in Geneva are expected to be the Orthodox diaspora, and the contribution of Orthodox churches in maintaining the predominance of Christian beliefs.

THE 34TH BIENNIAL CLERGY-LAITY CONGRESS of the Greek Archdiocese will convene in Orlando, Florida 4-9 July with headquarters at the Marriott Orlando World Center. The theme is "One Faith, One Family, One Future: Together to the Next Millennium."

TWO HUNDRED RELATIVES of Czar Nicholas II are being questioned as to their opinions concerning the burial of the Czar and his family.

LOOKING FOR A PARISH CHOIR to produce a video of the Divine Liturgy all in Slavonic. Contact Producer, c/o The Orthodox Herald. Phone 717-256-7232.

A NEW CONSTITUTION is being prepared for a united Serbian Orthodox Church in the U.S. and the New Gracanica Metropolitanate. A sobor will be held in Bright Week to adopt the new constitution. This unites the two Serbian Orthodox jurisdictions in the U.S.

THE INTERNET PLAYED A PART in the return of a 123-year-old plastchanitsa to the rebuilt St. Nicholas Cathedral in Seoul, Korea. The winding sheet was brought originally to Korea by Russian Orthodox missionaries at the turn of the century. It had been made several decades earlier at a monastery in St. Petersburg. It weighs 15 pounds and is embroidered with threads of real gold on purple velvet tapestry cloth. During the Korean War, the church was destroyed. Jack Kudla, an American GI, surveyed the rubble and decided to look for religious items to salvage. He found the plastchanitsa in a wooden case, intact, behind where the altar had been. He mailed it to his church in Rankin, PA for safe-keeping. Clifford Argue saw an appeal from Korea on the internet and started a search. He found the plastchanitsa in Rankin, got the history and personally returned it to Seoul.

AN ORPHANAGE, sponsored by the Congress of Russian Americans, has been opened in Nerekht, near Kostroma on the Volga River, on July 1996. From 1993 through 1996 over $110,000 has been transferred to Fr. Andrei Voronin, who is in charge of the project. Plans are being made to expand and take in more children. For info, call Boris Anissimov at 650/368-5178 or write to CRA, PO Box 818, Nyack, NY 10960-0818.

SOUTH AFRICA now has an American Orthodox priest. Fr. Bert Olechnowitz has relocated to Johannesburg and is pastor of St. Nicholas of Japan Church. Some laymen have been working very hard for many years to establish a parish.

A LARGE ICON of Christ Pantocrator can be seen in the living quarters of the Russian Mir space-station. A change from the time of the first Soviet astronaut, who said that he did not see God during his 90-minute flight.

THE CATHEDRAL OF ST. NICHOLAS in Montreal, Canada burned 26 January during the time of the terrible ice storms in the area. The congregation has been a center for several hundred faithful who arrived here from post-Glasnost Russia. Because of the intensity of the heat, people living around the cathedral were evacuated. This included Premier Lucien Bouchard, who lives across the boulevard.

IT IS A STARTLING EXPERIENCE to be sailing along on a boat and see a church submerged in the water. This was experienced on the Volga River, between Uglich and Yaroslav. The town of Kalyazin had been submerged to make the Uglich dam. The bell tower of St. Nicholas Church, built in the 1800's, is the only building above the water level. Ironically, the few feet above water is surrounded by scaffolding, as it is being restored, for it serves as a navigational landmark.

USED GREETING CARDS can be sent to St Jude's Ranch for Children, PO Box 60100, Boulder City, NV 89006-0100. The children use the cards for making projects.

USED STAMPS are needed. Send to Veteran's Stamp and Coin Club, 3601 South 6th Ave., Tucson, AZ 85723. This is located in the Medical Center of the Dept. of Veterans Affairs.

CELEBRATING ITS 100TH YEAR IN NOV. will be the Holy Assumption Church in Marblehead, OH. Then Bishop, now Saint Tikhon, consecrated the church. The iconostas and chalice set were donated by Czar Nicholas.

"SON OF MAN" is the final book by Fr. Alexander Men, who was found murdered near his home in Novaya Derevnia, Russia. The book outlines the history of Christianity. Since he had Jewish origins, it gives an insight on the events in the New Testament that are fresh and instructive. Send $12.95 to Oakwood Publications, 3827 Bluff Street, Torrance, CA 90505-6359. Other books by the same author are available. For more info, you may call 310/378-9245.

•Initial Gathering

The symbol of Faith or the Creed is a short statement of all the tenants of the Orthodox faith. Every Orthodox Christian is obliged to know it. We recite it in our daily prayers, sing it during the Divine Liturgy and many other services of the Church.

This is one of the few prayers in the church which uses the word "I" most other prayers us "We." "I believe in one God the Father, etc."

•Dormant Seeds

ment? To illustrate this let's think of southern California's Death Valley, which is 280 feet below sea level. In summer, the daily low temperature is rarely below 70 degrees, and the daily high temperature may for days in succession be as high as 120 degrees. This makes Death Valley one of the hottest regions in the world. It is also one of the driest.

An unprecedented event was recently reported. For many days, showers fell on that inhospitable wasteland. After the refreshing rains, all kinds of seeds, apparently dormant for many years, burst forth with life. For a short time, the desert transformed, became a new land.

But it is not only in the desert that seeds lie dormant. It happens in people, too. What seeds, capable of producing righteousness, goodness, kindness, and beauty, are hidden there, waiting to be quickened to life? Jesus said: "It is God's Spirit who gives life." When we allow God's Spirit to work, it has the power to change the heart, enabling that which lies dormant to burst forth with life and beauty. It makes a new person.

PRAYER Dear Lord, quicken my spirit with Your Spirit and enable all the good that is dormant within me to burst forth with freshness and vitality. Amen.

THE FUNDS

Helping with the Alaska Fund were: **Don and Carole Holobinko,** A.M. Fedec in memory of grandparents Stephen and Martha Fedec.

Helping with the Mission Fund were: Harry Boyko, Mary Lizak, E.J. Kraynok, Mary Gresko.

Helping with both the Alaska and Mission Fund were: John Russian, Mary Zacharkiw, Lois Sokolich Bedder, Anna Tanchak in memory of Fr. Peter Kreta, Ann Horhota, Johanna Yurchak in memory of Aunt Antoinette who died June 27, 1997 and Aunt Kathryn who died Oct. 13, 1997. Julia Vanderpool, **Fr. D. Donovan,** Ethel Watlock, Scott and Susan Boris.

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The man whose religion costs him nothing pays for what he gets.

"THE INEXHAUSTIBLE CHALICE"



Commemorated May 5

Troparion, tone 4

Today, let us, the faithful, come before the divine and most wondrous icon of the Most Holy Mother of God, who gives drink to faithful hearts from the heavenly Inexhaustible Chalice of her mercy, manifesting many miracles. Seeing and hearing of these, we rejoice spiritually and fervently cry: O most merciful Queen, heal our infirmities and passions, and pray to thy Son, Christ our God, to save our souls.

"Hail, O Life of the mystical banquet" are words we hear at the Acafist to the Mother of God. This is visually expressed in an ikon called "The Inexhaustible Chalice," which is based on the same theme as a 4th century ikon called "The Mother of God of Nicea."

In both ikons the Mother of God stands with arms uplifted before a table on which the chalice stands. In the chalice is the figure of Christ. He became incarnate in her womb and here offers Himself in the mystery of the Holy Eucharist. The chalice is graphically represented as the Cup of Life.

Although the ikon of "The Inexhaustible Chalice" is based on a 4th century ikon, it was not until 1878 that it was revered in Russia.

The incident which brought it into the public notice was the story told by a man from Tula, who had become an alcoholic and lost everything, even the use of his legs, but he could not stop drinking. One night he had a dream in which an elder appeared to him and told him to go to the city of Serpukhov (which is near Moscow) and to go to the monastery of the Mother of God, which was located there. He was to have a moleben served before her ikon, "The Inexhaustible Chalice." He disregarded the dream as he was penniless and was unable to walk. The dream was repeated a second and third time when the elder encouraged him to follow his order.

Finally, thinking he had nothing to lose, he left his cottage and crawled on all fours to the next village. Here an old baba felt sorry for him, she took him in for the night, she rubbed his legs and let him sleep on the stove, where it was warmer. He felt better when he awakened next morning and was amazed that he was able to stand on his own two legs. It's true he had to use two canes, but it was much better than crawling. As he continued on his pilgrimage toward the monastery, he was able to discard one of the canes. He finally made it to Serpukhov!

He made his way to the monastery and looked in vain for the ikon. He enlisted the aid of several monks and they could not remember seeing such an ikon. Finally, one of them said that there was an ikon in the sacristy which could possibly be the one. They went to the ikon, turned it over and found that it was inscribed as "The Inexhaustible Chalice." He had a moleben said and was able to return home cured of his alcoholism and of his physical problems.

Of course, the news of this miracle spread. Soon other desperate alcoholics came to pray before the ikon and, when cured, they returned to thank for answered prayers. Soon a moleben with an akafist was served every Sunday before the ikon on behalf of those suffering from alcoholism.

The monastery was closed during the time of Communism. However, it has been re-established since freedom has come and the molebens and akafist are again served before the ikon in the Serpukhov-Vysotsk Monastery.

•Kitchen Corner

Toppings:

✓Just-cooked kulesh is served with sour cream or cottage cheese.

✓For dessert, cut chilled kulesh into 1/4 inch slices, fry, top with XXX sugar and jam.

✓For breakfast, slice and fry with salo (bacon).

✓Slice chilled kulesh and serve with chopped onion sauteed in butter and sprinkled with grated cheese or garlic and butter. These are the traditional toppings. It is easier to slice the chilled kulesh if you use a cheese slicer with a wire cutter. In Europe they have a special string bow cutter.

✓Perhaps the most fancy way we were served kulesh was two slices of kulesh were made into a sandwich with ham and sharp cheese between the slices. This was then dipped into beaten egg, like French toast, and fried in butter until golden brown.

FRUITS OF THE HOLY SPIRIT SERIES

"But the fruits of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." Galatians 5:22

May 3 - Kindness

You emptied Yourself, O Jesus, our incarnate Lord, and took on the form of a servant. Though You knew no sin, You suffered in the flesh and were crucified to raise us up to heights of heaven. You rescued us out of the pit of hell, because of Your deep love and kindness toward the human race. You accomplished all this because You could not bear to see the work of Your Hands suffer eternal punishment. Therefore, You broke down the iron gates of Hades to release those held there as prisoners. Only You could accomplish such a task because the powers of darkness fear and tremble at Your presence. You put the devil himself in chains never again to rob us of our eternal destiny in heaven. All kindness comes from You, O Source of Life. O Lord, as we have put our hope in You, hear us and have mercy.

May 10 - Goodness

Lord Jesus Christ, You are most good and perfect. While You were with us on earth, You showed us the way into the Kingdom of heaven. You opened Paradise to the penitent thief, and granted resurrection to those who have fallen. Help us to know what is good and right and how to pursue it. May our lives be truly reflective of what it means to be called a "Christian." Enable us to follow the Gospel, regardless of the time or circumstance. Let our lives be a healing unction on those we meet this day. Let Your mercy and goodness follow us all the days of our lives. We acknowledge our sinfulness before You, O Fountain of Life, and ask You now to hear our prayer and have mercy on us.

May 17 - Faithfulness

O Lord Jesus, most compassionate, You assumed our flesh and took away the sins of the world. How shall we ever repay You for the goodness that You have shown in our lives? Our actions do not show You proper reverence. Your majesty encompasses the universe, yet we do not let the grace of Your healing power enter the very core of our being. Teach us to be faithful to Your teachings. Inspire us to trust in You with all our heart. Let Your divine love fill every void within us. Allow us to be faithful to Your commandments as we receive Your most-pure Body and precious Blood with a pure conscience. Help us to be true and faithful servants all the days of our lives. O Lord, our Life and Goodness, hear us, who pray to You, and have mercy.

May 24 - Gentleness

O Jesus, meek and mild, even though we continue to sin and backslide, You are most patient toward us. Yet, You do not desire our death, but wait for our conversion, that we may have life. Let Your good Spirit enable us to be gentle toward all people. Help us to respect others regardless of any differences that we may have with them. May our example serve as a way for others to find salvation in You, our Lord and Maker. As a father is loving toward their children, so, too, You are full of love for the human race. Your love is limitless. Your kindness is manifold. Your mercy is accessible to all sinners. O Lord, hear the prayers of Your servants and have mercy.

May 31 - Self-Control

O Master, Jesus Christ my God, You became man in order to raise us up to the heights of heaven. You took upon yourself our entire human nature with the sole exception of sin. Grant us the grace to control our earthly passions and to offer ourselves completely to You. Satisfy our inner desire to know You more fully. If we should fall into sin, may we never hurt others or drive them away from You because of our sinfulness. May we never fall into despair because of our actions, but, let the power of Your precious Cross assist and support us as we continue on the road of life. Fill us with Your life-giving Spirit. Bless us with temperance and self-control. Strengthen us in time of need. Let the fire of Your love dwell with our souls. O Lord, receive the supplications of Your servants who are praying to You, and have mercy on us.

Raymond Mastroberte

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Reaching

There is no doubt that sometimes just living this life of ours from day to day is difficult. At times it feels like more than we can handle, and it feels strangely better simply to retreat inside ourselves because reaching out is too painful and awkward. We don't want our friends and family to see us this way, but God sees. He knows and forever understands everything.

So when those trying times happen and you feel so vulnerable that you absolutely can't afford to reach out, remember that you can always reach up.

Dabs of Thoughts

Many parishes graduate Church School students at a relatively young age. This is sad because it is in the teen years that a person can get a better understanding of what religion and God is all about. To "finish" religious education gives a wrong message. Adult classes should be provided for a continuing education.

A young seminarian asked his parish priest how he could give a different sermon on the resurrection for the whole Easter season. The priest answered him: "Just remember, if you cannot preach the resurrection through the whole of the Easter season, you have not caught the power and joy of the Gospel." The Easter season lasts until Ascension Day.

All who are baptized and chrismated as Orthodox are consecrated to God and are called to witness to the Truth of their faith in words and deeds. The importance of the role as laymen in the Orthodox Church is emphasized by the fact that a priest is not permitted to celebrate the Divine Liturgy alone. The presence of the layperson is required so that they may offer the responses. During ordinations of clergy, laypeople must be present. Their cry of Axios! (Worthy!) is a requirement. Without it an ordination cannot proceed. Cry of Anaxios! (Unworthy) should be examined on the spot before continuing.

To have integrity is to be good when nobody is looking.

We cannot be purer than our thoughts, higher than our ideals, nor greater than our dreams; therefore, we must think correctly, foster noble ideals, and rise on the wings of imagination to the highest things of truth and experience.

Sometimes we become discouraged, we lose heart. This is not an unusual experience. But we will find encouragement if we think of the reality and teachings of our religion. Our Lord spoke and still speaks encouraging words to us. The Bible is full of encouragement and hope. We receive Him in Holy Communion. When we look up to the Lord, we are led to lift up our hearts.

God tends to use the one nearest Him.

When a pessimist thinks he is taking a chance, the optimist feels he is grasping a great opportunity.



EDITORS' NOTES

We are often asked: "How can you keep The Herald going?" We have depended upon the goodness of our readers, as we are not subsidized. We try to keep our material fresh and presented in a new light for all 46 years completed. We do not rerun articles. Many write that they enjoy and benefit from the variety of articles and the practicality of the articles, as we know the history of the church and many persons who made this history. One advantage of old age.

We are still greeting everyone with the words: "Christ is Risen." One woman asked how much longer she had to hear these words in the church, it was getting boring. Perhaps, one of the reasons why she found it boring is that these words were just a greeting to her. She really didn't think about the meaning. The fact that Christ is risen means that she and her loved ones will also have the privilege of getting the "Resurrection of the dead" for which she prays in the Creed. We like to think of those Myrrbearing Women who went to the tomb to anoint the body of Christ. When they saw the stone rolled away, they excitedly shouted: "Christ is Risen! He is not here!" What joyful news! Don't be weary of "Christ is Risen," be affirmative and joyful in the words!

We ask that you say a special prayer on May 7, the day on which St. Alexis is commemorated. He, perhaps more than any other individual, was instrumental in establishing Orthodoxy in the United States. Certainly, the church needs our prayers now more than ever.

We would appreciate you sending us any Internet addresses you have on Orthodoxy and related subjects. We hope to compile a listing which we will make available.

Remember that Carpathian tour members will meet to talk and share experiences on May 25 at the entrance arch to St. Tikhon's Monastery in South Canaan, PA following the Divine Liturgy. Easter basket covers will be available for those who failed to get them while in the Carpathians.

"He who, when tempted, makes the Sign of the Cross with devotion, makes Hell tremble and Heaven rejoice."

Kroyane

The Stroyens

ETHNIC CHUCKLE

Dorohaya Tyotya Maria,

Yak tam kolo vas? To oo nas shitko OK.

Ve svedalee za vashaho brata Yurka. Me to oo Amereeshe calling yeho Uncle George. Anyway, ya budu vam pisatee za malee incident ee Uncle George. Couple a months ago, ohn maw 65 birthday ee to in - oo Amerikee people edyut na retirement. Yeho zhena, me Aunt Olga make him takee barz velekee retirement party. Bullo takee nice party. Shitkee nashee krayanee e family preshlee ee meh malee family reunion. Meh yelee ee pillee ee tainsovalee do ranaa. Yah vam nhe mushyu pesatee yak nashe holovee feelooyut next day.

Aunt Olga call me na telephone couple of days ago ee povela me zhe ohna dumala zhe ohna scrazuyeh since Uncle George na retirement. Ohna me kashe zhe first Monday zhe neh mushee go to work ohn put kitchen chair na center of room. Stal na nem, put up his arm yak Statue of Liberty ee srobeel proclamation: "Yah teper free man; yah nhe musyu nech robitee." EE, ohn nech ney doing!

Day after day, ohn sitting watching TV. Aunt Olga maye extra cooking, ee cleaning, ee waiting na yeho. Ohn yelling: "Olyha, druhyu pevo." "Olyha, what you doing?" "Olyha, Olyha, Olyha" kretcha all day long.

Aunt Olga, me povils zhe finally ohna mala enough. One morning, ohna stala na kitchen chair, ee kazhe to Uncle George. "Kolee ya bulla u night school na citizen classes ohnee mee povelee zhe na Statue of Liberty kashe: 'Give me your tired, weary.' Ohna made pose like Statue of Liberty ee zrobela prouncement:" Yah 62, yah retired, boh like Statue of Liberty say yah tired e weary."

EE ohna peeshla nah retirement ot housework ee waiting nah Uncle George. Ohna kazhe zhe she will not do anything until ohnee make a truce.

Yak yeh povella: "Hang in there." Trimaysya!

Budtey Zdrovyee,
Family reporter, Hanya.

THE LAST FIVE

Each of the last five Psalms in the Bible opens and closes with an invitation to "Praise the Lord."

We see in Psalm 146: "Praise the Lord! While I live I will praise the Lord; I will sing praises to my God while I have my being." Will you answer this call? Surely you would want to praise Him!

May you be among those described in Psalm 148:12,13: "...young men and maidens; Old Men and children. Let them praise the name of the Lord, For His name alone is exalted; His glory is above the earth and heaven." May we respond wholeheartedly to the invitation. Let us praise the king of eternity.

PRESS FUND

We were so eager to finish 46 years of publishing that we inadvertently mentioned last month as our anniversary; it is this month. We want to thank all of you who have made reaching this day possible. Spasebo/Thank You to Helen Kotter, Scott and Susan Boris, Michael Spitko, Ethel Watlock, Andrew and Dorothy Fedetz, **John Russian,** Nicholas Teno, **Phillip Chomiak,** Julia Vanderpool, Ann Horhota, Mr. and Mrs. Bill Priatko, Irene Allen, Emily Dragan, Mary Kochmaruk, Edward Kirpolenko, Nancy Hurchick-Munaco, Mary Krajewski, Barbara Simiensyk, Anne Dorozynski, Helen Cudlic, Mary Stapleton, Sophie Turko, Anna Tanchak, Catherine Shaffchick, Mary Ruzila, Greg Mazur, **Allen Lucas,** Mr. and Mrs. Clifford Argue, Andrew Fitzgerald, Helen Warhol. **Helen Lesko** in honor of her mother Eva Durkot's 90th birthday. For health of Olga Krasofsky. **For health** of Fr. Jason and Matushka Margaret Kappandze. For the health of Fr. Basil and Matushka Stroyen's health and the continuation of "The Orthodox Herald." Julia Blisak sends Paschal Greetings. Fr. Daniel Donovan in gratitude to God for all His blessings. John and Genevieve Caravanos in memory of their fathers Michael Saros and John Caravanos. **Doris Rusinko** for prayers for her husband Paul who died April 10, 1996 and son-in-law Roger who died February 7. Mary Lisak in memory of husband Stephen. John Macenka in memory of the Macenka and Shura families. Rosemary Hill in memory of brother Eddie. Helen Cudlic in memory of parents Basil and Anne Fedora, sister Anna Treichak, and daughter Nancy. Father and Matushka Stroyen in memory of their mothers Matushka Anna Stroyen and Anna Chura Bohush. **In Memory of all the Matushkas** who were indeed mothers to all who needed their help or advice.

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"The bread in your cupboard belongs to the hungry man; the coat hanging unused in your closet belongs to the man who needs it; the shoes rotting in your closet belong to the man who has no shoes; the money which you hoard in the bank belongs to the poor. You do wrong to everyone you could help, but fail to help."

–Saint Basil the Great



Buckwheat groats (Kasha) are the favorite grain cereal in the former Soviet nations. However, we found that in Western Ukraine, cornmeal is also used in many ways. One dish is like our cornmeal mush but is called KULESH. Many households even have a special spoon which they use when preparing the kulesh. Some experts think that cornmeal was introduced into the Carpathian area in the early 19th century. It kept many people from starving during the famine of 1921-23, especially in the Kuban region.

Kulesh is much like rice, it can be cooked and served in so many ways. If you cook it the night before and chill it in the refrigerator, you can make your lunch or dinner meal almost as quickly as you can micro a frozen dinner.

KULESH (Cornmeal Mush/Polenta)

4 cups water	1 cup yellow cornmeal
1 tsp. salt	3 Tbls. butter or bacon drippings
1 tsp. sugar	

In a heavy 2 qt. saucepan bring 4 cups water to a rolling boil. Stir in salt, sugar and shortening. Pour the cornmeal into the simmering water in a thin, steady stream. Stir constantly with a long handled wooden spoon as it cooks. This prevents the kulesh from forming lumps. It is done when it is smooth and thick and begins to pull away from the sides of the pan. When the kulesh is done, remove from heat and cover. It will stay warm for about 20 minutes. Stir before serving. Any leftover kulesh should be poured into a 9-inch nonstick (or greased) loaf pan and chilled.

(Continued on Page 3, Col. 3)

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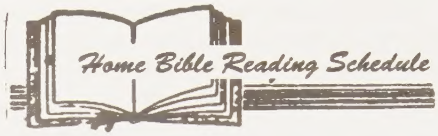
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1 John 5:30-6:2	17 **John 4:5-42**
2 John 6:14-27	18 John 8:42-51
3 **John 15:43-16:8**	19 John 8:51-59
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8 John 6:48-54	24 **John 17:1-13**
9 John 15:17-16:2	25 John 11:47-57
10 **John 5:1-15**	26 John 12:19-36
11 John 6:56-69	27 John 12:36-47
12 John 7:1-13	28 Luke 24:36-53
13 John 7:14-30	29 Luke 14:1-11
14 John 8:12-20	30 Luke 14:10-21
15 John 8:21-30	31 **Luke 17:1-13**
16 John 8:31-42	

BIBLE STUDY

The fourth Sunday after Pascha teaches us about the importance of desire in the life of faith. When Jesus met the man who had been paralyzed for 38 years, He asked him a strange question: "Do you want to be healed?"

It seems that when one has been ill so long it is possible to become so used to one's state that one may no longer wish to exchange this familiar state for another, which would pose new and unfamiliar challenges. Can that really be true? Think about the case of a prisoner who has spent a great deal of time in prison. It sometimes happens that such people do not wish to exchange their familiar cell for a vast and strange world outside. The same can be true for someone who has been hospitalized for a long time.

There are also spiritual illnesses, negative attitudes and prejudices from which we may not wish to free ourselves simply because we have become so used to them.

Yet these are enemies which rob us of peace and joy! In His ongoing work throughout the universe, Jesus **is able** to set us free. But in order to receive this liberty we must **desire it!**

Do we? Are we ready to exchange a state of illness which is relatively comfortable and predictable for a state which may require new and difficult tasks from us? It is for us to decide. Health will not be given to us by force. But it will always be there for us if we want it – in the words and the arms of the Lord. In the wonderful universe He has made – which He guides and sustains.

The Very Rev'd
Dr. Ihor George Kutash

WINTER'S GRACE

Some churches have catchy slogans on their outside bulletin boards. They try to attract passing traffic. There is one such church in Tamaqua, PA, which is so located that oncoming traffic must stop and read the sign. We often ask: "What are they trying to say?" as the message can obtuse; but then we ask ourselves if we were asked to write one line for the sign, what would we write?

We are studying 1 John 1 so we decided that John would not write: "Honk if you love Jesus." Or "Drive carefully, the life you save may be Orthodox." HE would sum up his message in these words: "GOD IS LIGHT!" There is more that could be taken from his message and St. John does that too (3:1); but that God is light is the first of three main themes in his letter. The others are: God is life, and God is love.

God is light is the happy news that in a world of trouble we may know God as good, righteous, and holy. Sin and its misery must be somebody's fault, but they are not God's! He is light, there is no darkness in Him.

What a relief, when you are ill, suffering, alone, or afraid. GOD IS LIGHT! He is with you for good. We need Him as plants need the sun. And when we darken the light by sinning, He comes in Jesus Christ to brighten up our days again.

May we thank Him today in our prayers, for making it possible for us to live through our troubles with renewed hopes.

THE BABAS TAUGHT ME

When you hold an infant during the Baptism Service, hold it so that its head faces right (toward the ikon of Christ side). It makes it easier for the priest to anoint it and administer other symbolic acts.

This also holds true when bringing up a small child for Holy Communion. For practical reasons, it is easier for the priest who gives communion with his right hand to give communion to the child. A priest must give Holy Communion with his right hand – even if he is left-handed. It is safer and simpler for him to bring the spoon to the infant's mouth if he does not have to use an awkward backhanded movement.

* * * * * *

Light Moment

Comment heard in a supermarket: "I don't need a cart, I only brought $20 with me."